



Sea Bass with Citrus-Olive-Caper Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons capers rinsed
- ☐ 2 juice of lemon
- ☐ 0.8 cup kalamata olives pitted roughly chopped
- ☐ 2 optional: lemon peeled halved thinly sliced
- ☐ 3 tablespoons olive oil divided
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 teaspoon salt divided

☐ 40 ounces sea bass fillets , skin on

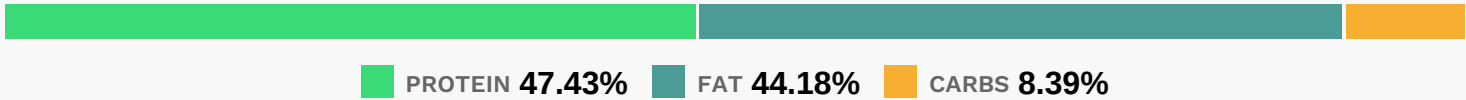
Equipment

- ☐ frying pan
- ☐ stove
- ☐ broiler pan

Directions

- ☐ Place broiler pan as close to heating element as possible and heat 5 minutes. On a plate, coat fillets on both sides with 1 tablespoon oil. Carefully remove pan from broiler and place on stovetop. Arrange fillets on pan, skin side down; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Broil fish 6 minutes. In a bowl, mix together lemon slices, juice, oregano, capers, olives, remaining 2 tablespoons oil and remaining 3/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place fish on platter; top with citrus-olive-caper sauce.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:16.367826088615%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 215.82kcal (10.79%), Fat: 10.66g (16.4%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 2.74g (0.99%), Sugar: 0.99g (1.1%), Cholesterol: 113.4mg (37.8%), Sodium: 642.37mg (27.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Vitamin B12: 5.41µg (90.25%), Selenium: 52.05µg (74.36%), Phosphorus: 288.33mg (28.83%), Vitamin B6: 0.47mg (23.4%), Vitamin C: 17.33mg (21%),

Magnesium: 64.96mg (16.24%), Vitamin B3: 3.11mg (15.56%), Potassium: 431.5mg (12.33%), Vitamin B5: 1.14mg (11.41%), Vitamin K: 11.81µg (11.24%), Iron: 1.96mg (10.88%), Vitamin B1: 0.16mg (10.65%), Vitamin E: 1.54mg (10.25%), Fiber: 1.82g (7.29%), Calcium: 56.86mg (5.69%), Manganese: 0.11mg (5.54%), Folate: 21.05µg (5.26%), Copper: 0.09mg (4.38%), Zinc: 0.63mg (4.23%), Vitamin A: 208.41IU (4.17%), Vitamin B2: 0.06mg (3.5%)